



Kansas City Orthopedic Evening Lecture Series

PO Box 232
Story City, IA 50248

Thursday March 15, 2012

Evaluation and Treatment of the Joints of the Clavicle

Steve Forbush PT, PhD

Thursday, April 5, 2012

The Older Patient: Osteoporosis, Arthritis and Falls Prevention

C. Lan Fotopoulos M.D.
Ann Marie Decker PT, MSA, GCS

Thursday, May 10, 2012

Explaining Pain to Patients

Adriaan Louw
PT, M.App.Sc (physio), GCRM, CSMT



Spring 2012



Sports
**REHABILITATION &
PHYSICAL THERAPY**
Associates, Inc.

General Information

- Courses: 6:00 - 9:00 PM
- Rockhurst University: 52nd and Troost
- Handouts, snacks & beverages provided by Sports Rehab
- CEU's applied in KS and MO for Physical Therapy only
- ISPI is NOT a NATABOC, OTA or CME provider
- Cost: \$50/class (.3 CEU's) or sign up for all 3 classes \$135 (.9 CEU's)
(Please see cancellation policy on page 2; discount applies only to this spring series)





Kansas City Orthopedic Evening Series Spring 2012 Registration Form

STEP 1: DEMOGRAPHIC INFO

Name: _____

Address: _____

Phone: _____

Fax: _____

E-Mail: _____

- PT
- PTA
- OT
- COTA
- LAT/ATC
- MD
- DO

***** CEU's only applied for Physical Therapy in KS and MO; ISPI is not a BOC, OTA or CME provider**

STEP 2: SELECT COURSE/S

Signing up for:

- Joints of the Clavicle (3/15) \$50 _____
- Older Patient (4/5) \$50 _____
- Explaining Pain to Patients (5/10) \$50 _____
- All 3 classes \$135 _____

**** Discount applies to this spring series only**

STEP 3: PAYMENT

Check: Number _____ (Make check Payable to International Spine & Pain Institute)

Card Number: _____

Expiration: _____ 3 digit security code: _____

Signature: _____



Does this credit card match the above address? If not—please supply billing address

Cancellation policy:

- ◆ **No refund for canceling/not attending.**
- ◆ **Letter of credit will be issued if cancellation is received up to the day of the class. This letter of credit can be used at any ISPI course within 1 year of the cancellation date for the amount refunded.**
- ◆ **There is no refund and no letter of credit for not attending the evening class without prior notification.**

You can register by mailing a registration form, fax a registration form or call and register over the phone

International Spine & Pain Institute
PO Box 232
Story City, IA
50248

Phone 1-866-235-4289
Fax: 1-515-733-2744

Evaluation & Treatment of the Joints of the Clavicle**March 15, 2012****Course Description**

Commonly, shoulder courses emphasize the glenohumeral joint and the scapulothoracic joints. The mechanics of and functional limitation attributed to the acromioclavicular (AC) joint and the sternoclavicular (SC) joint are not often described in these courses. The purpose of this course is to allow the participant to gain a better understanding of the clavicle and the joints associated with the ends of the clavicle and how they interact and function in the normal and traumatized individuals. A review of the anatomy of the area and the complexity of the AC and SC joints will be followed by detailed biomechanics of the clavicle and the AC/SC attachments. Injuries commonly occurring to this bone and joints will be reviewed and detailed treatment programs will be suggested for common SC, AC, and clavicular injuries or dysfunctions.

Layout

- 5:30 – 6:00 Sign in and registration
- 6:00 Introduction of the Short Course and Speaker
- 6:10 Review of the Anatomy of the AC Joint
 - The different types of AC joint
 - The risk of injury of different AC anatomy
- 6:35 Review of the Anatomy of the SC Joint
 - 1st rib contributions
 - Meniscal changes and influences on mechanics
- 7:00 The Clavicle and the Biomechanics of this motion and influences by and to the AC and SC joints
- 7:30 Evaluating the AC and SC joints
- 8:00 Cases Involving the Clavicle and the AC and SC joints
 - Differential diagnosis of the problem
 - Interventions to solve the issues found
- 9:00 Adjourn

Objectives

Upon completion of the presentation, attendees will:

1. Describe the complex anatomy of the clavicle and the associated attachments to the scapula and the sternum
 2. Explain the first rib interactions with the SC joint and how they interact in normal and abnormal function
 3. Understand assessment techniques and tests for the joint play, ROM, and normal function of the AC and SC joints
 4. Understand the role of imaging in the diagnosis of clavicular and AC/SC pathologies: when, where, and which tool
 5. Differentiate and diagnose problems in specific cases through proper examination, evaluation, and supporting evidence
- Choose proper and effective intervention strategies for varied clavicular, AC, and SC pathologies and impairments

The Older Patient: Osteoporosis, Arthritis and Falls Prevention**April 5, 2012****Course Description**

This 3 hour presentation is designed update therapists on the latest developments surrounding the older patient. Current data indicates the US population is aging by 13% and this will increase demands on rehabilitation professionals to treat these patients. This presentation aims to include issue pertaining to osteoporosis and osteopenia, arthritis and falls prevention for the older patients. This presentation aims to view these issues from a medical and therapeutic perspective with immediate clinically applicable information.

Layout

- 5:30 – 6:00 Sign in and registration
- 6:00 – 7:00 Osteoporosis, Arthritis & Falls Prevention from a medical perspective
- 7:00 – 9:00 Osteoporosis, Arthritis & Falls Prevention from a physical therapy perspective
- 9:00 Class ends

Objectives

Upon completion of the presentation, attendees will:

1. Have an updated clinical understanding of osteoarthritis, rheumatoid arthritis and osteoporosis
2. Develop a working understanding of the medical management of the older patient
3. Be updated on a physical therapy evaluation and treatment of falls prevention in the elderly
4. Develop treatment ideas for the older patient

Be able to apply principles from the lecture to clinical practice

Explaining Pain to Patients May 10, 2012

Course Description

This 3 hour presentation is the culmination of 10 years of clinical research into educating patients about their pain states from a neuroscience perspective. Many therapists believe education is done as "part of normal treatment." New research, explaining pain from a neuroscience perspective by physical therapists has shown to help patient experience less pain, less fear, improved movement and cognitions, improved function, improved motivation to perform exercise and be more willing to engage pain during activities. This presentation is designed to provide attendees with a take-home strategy to explain pain in acute, sub-acute and chronic pain states, including fibromyalgia, spinal pain, ankle sprains, postoperative and preoperative patients.

Layout

5:30 – 6:00 Sign in and registration

6:00 – 9:00 Education & PT, Neuroscience education, incorporating evidence into clinical practice

9:00 Class ends

Objectives

Upon completion of the presentation, attendees will:

1. Understand models of education for chronic pain, including each model's benefits and shortcomings
2. Be updated on the growing evidence for neuroscience education for chronic pain
3. Be updated on the latest evidence for exercise in managing chronic pain
4. Increase awareness of the content and delivery methods associated with education and exercise for chronic pain
5. Apply the information from the educational session into clinical practice

Adriaan Louw PT, M.App.SC (physio), GCRM, CSMT

Adriaan Louw attended the University of Stellenbosch in Cape Town, South Africa, where he graduated in 1992 from an extensive physiotherapy program, including a very stringent manual therapy based training, following the concepts of Geoffrey Maitland. All training was geared towards direct access, diagnosis and first contact practitioners. Adriaan is currently an adjunct faculty member at Rockhurst University, where he teaches spinal manipulative therapy for final year students. Adriaan is also an instructor with The Neuro Orthopaedic Institute (Australia) where he has been teaching with David Butler for more than 12 years. Adriaan is a part-time clinician and spine specialist for Physiotherapy Associates and has taught numerous post-graduate courses and conferences throughout the United States on topics related to spinal disorders. Adriaan also completed his Graduate Certificate in Research Methodology from the University of South Australia. Recently Adriaan completed his Masters degree in research into spinal surgery rehabilitation at his alma mater, the University of Stellenbosch and is now working on his PhD in neuroscience education.

